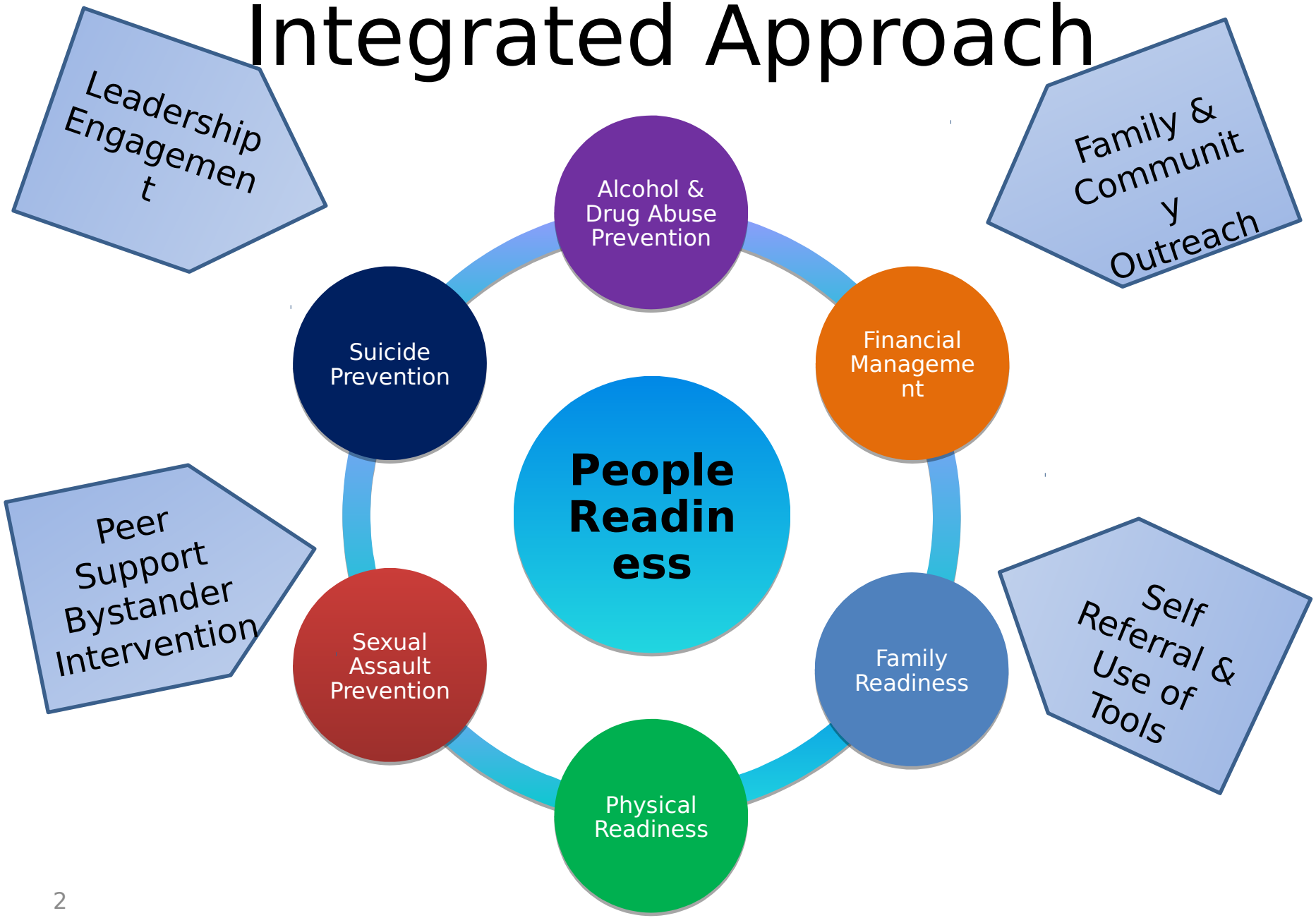
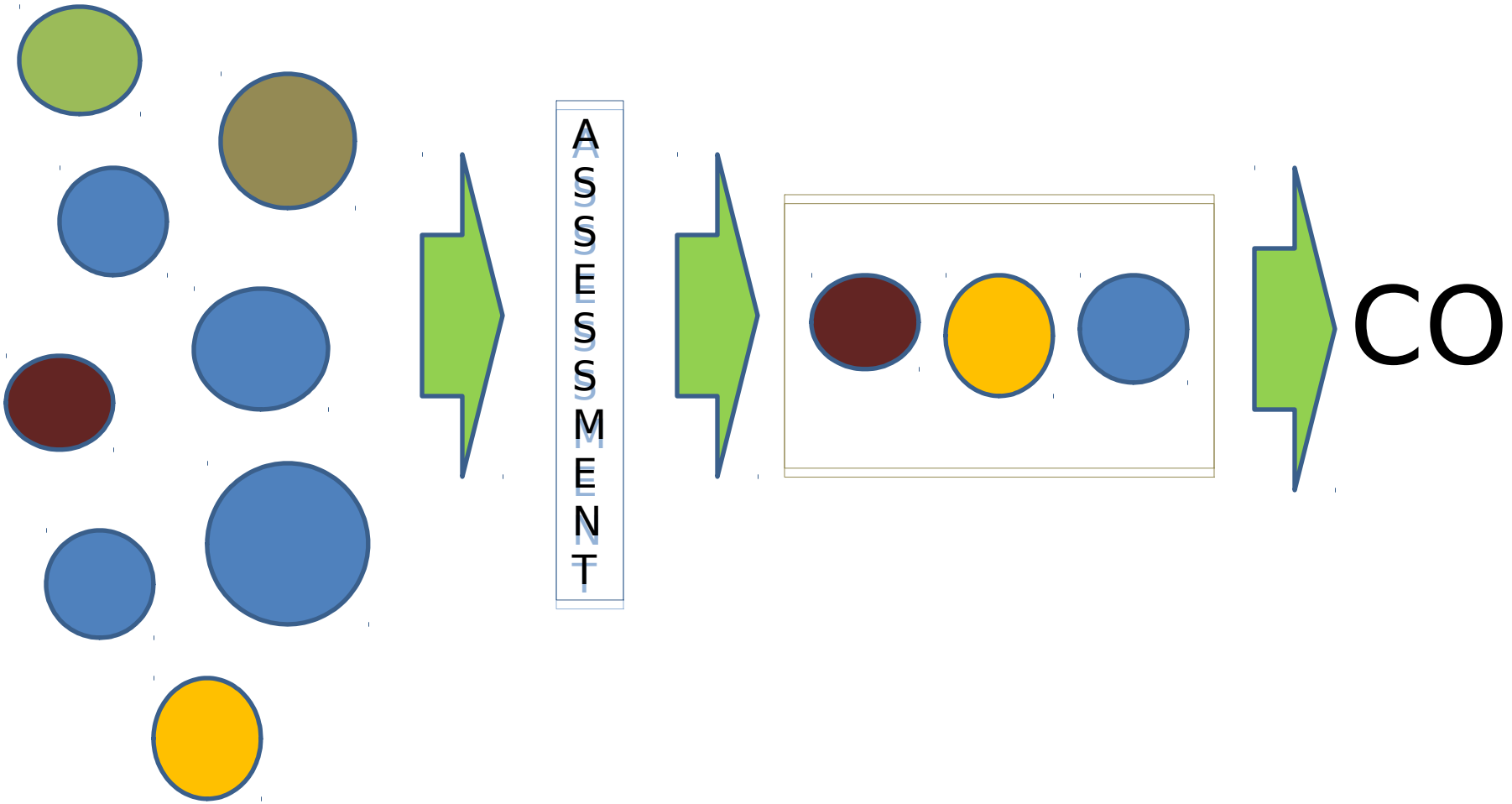
Building a Command Level Resilience and Prevention Team

LCDR Bonnie Chavez
OPNAV N135
LCDR Andrew Martin
USMC M&RA

Integrated Approach



Resources Resilience Team Plan



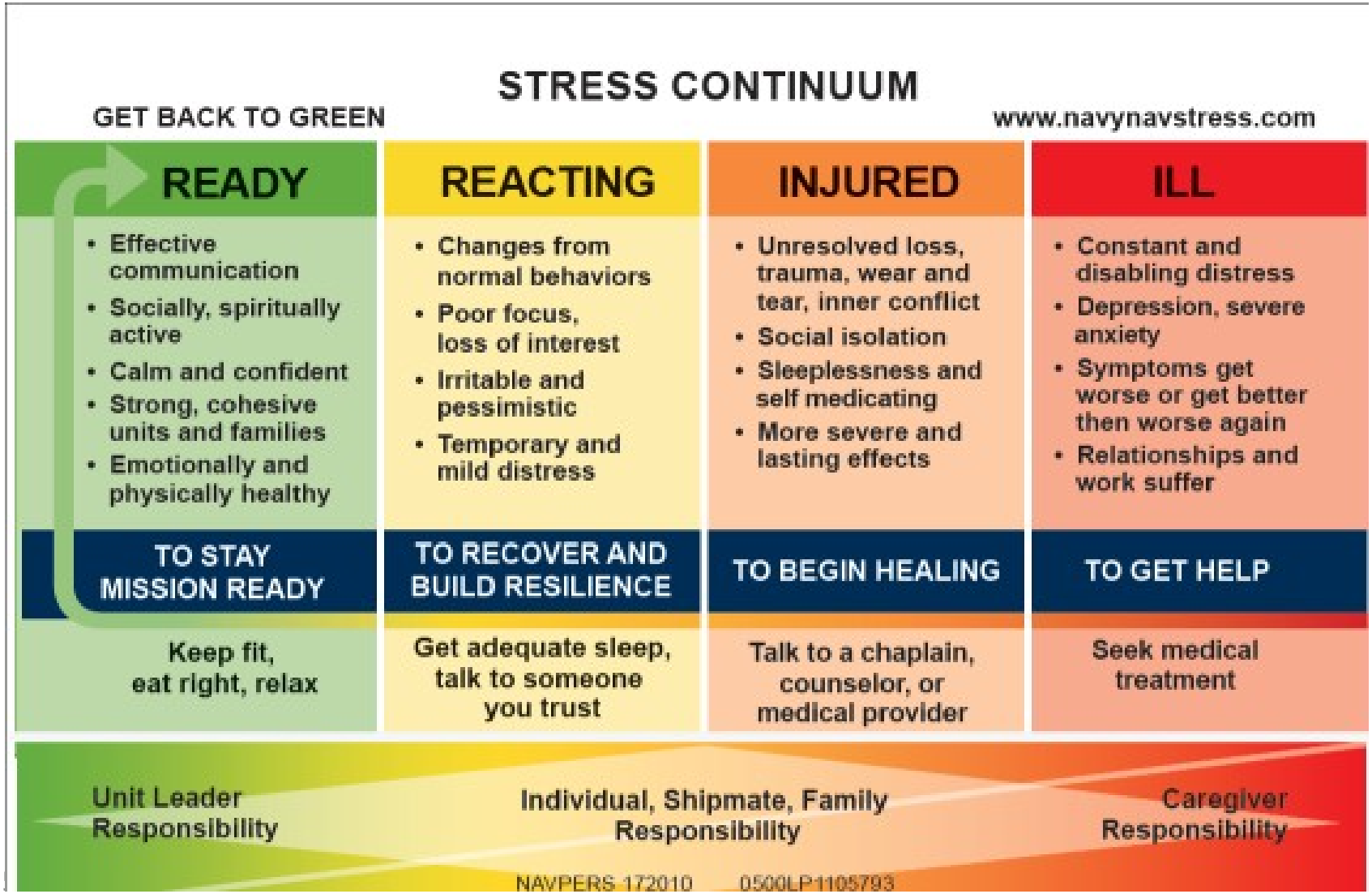
Assess

Resilience Team

Strengthen

Address

Assess


STRESS CONTINUUM
GET BACK TO GREEN
www.navynavstress.com
READY
• Effective communication
• Socially, spiritually active
• Calm and confident
• Strong, cohesive units and families
• Emotionally and physically healthy
TO STAY MISSION READY
Keep fit, eat right, relax
REACTING
• Changes from normal behaviors
• Poor focus, loss of interest
• Irritable and pessimistic
• Temporary and mild distress
TO RECOVER AND BUILD RESILIENCE
Get adequate sleep, talk to someone you trust
INJURED
• Unresolved loss, trauma, wear and tear, inner conflict
• Social isolation
• Sleeplessness and self medicating
• More severe and lasting effects
TO BEGIN HEALING
Talk to a chaplain, counselor, or medical provider
ILL
• Constant and disabling distress
• Depression, severe anxiety
• Symptoms get worse or get better then worse again
• Relationships and work suffer
TO GET HELP
Seek medical treatment
Unit Leader Responsibility
Individual, Shipmate, Family Responsibility
Caregiver Responsibility
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Addres
s

Sexual assault

Stand by and protect friend in social situations

Peer to Peer Suppor t

Recognize changes in behavior and stress – ask about suicide

Suicide

DUI

Don’t let a friend drive drunk

Strengthen

High

Meaning

HIGH MORALE

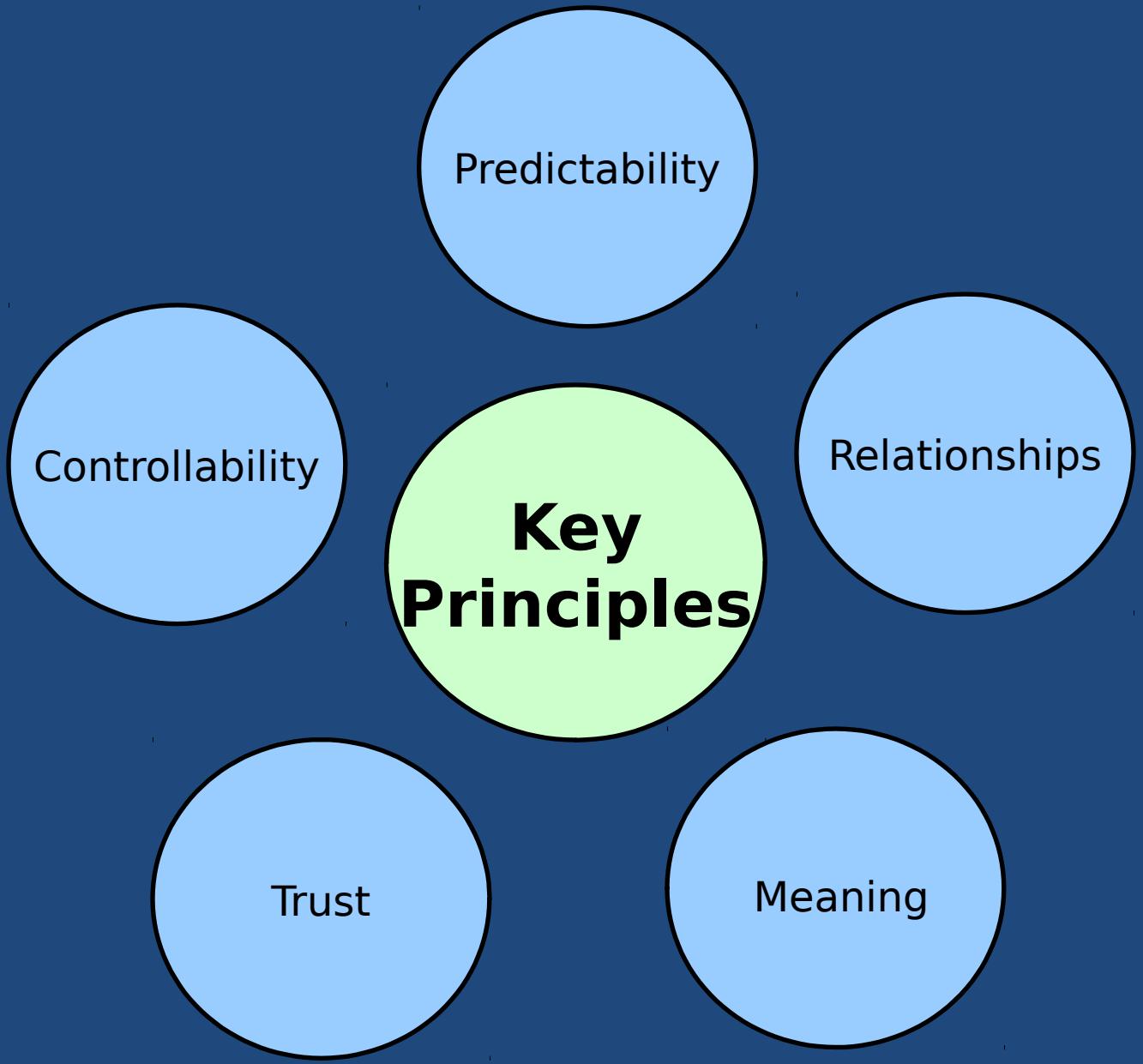
(Headquarters and Maintenance Company)

LOW MORALE

(Air Defense Artillery Battalion)

Perceived Control / Impact

High


Predictability
Controllability
Key Principles
Relationships
Trust
Meaning